



Hi,



The coronavirus means we all are having to change our routines to keep ourselves and everyone else **safe** from becoming ill.



? This can be very confusing, so we will send you emails with links to easyread information that the government and the NHS are giving to us.



Today I am sharing an easy read from Mencap about the Tier System for Coronavirus Restrictions.



In Hertfordshire we are now in **Tier 4, Stay at Home**



We have more easyread information about the coronavirus on our website.

www.hertfordshire.gov.uk/LDMyHealth

 You can also find daily top tips on keeping healthy over on our [Facebook page](#)